



August 6-10 2021

SPT Deep Dive

Summer Retreat in Sweden

Social Presencing Theater (SPT) and meditation as sources of deeper Life Skills

Capacity building and deepening of the practice, through:

MEDITATION • SPT • NATURE • THEORY U

The intention

- Deepen the relationship between meditation and SPT
- Develop previous individual practice
- Explore deeper landscapes of social fields
- Get time and space to invite and stay with the not knowing

The Deep Dive Retreat will focus on deepening previous training. With emphasis on getting more clarity, inspiration and connection between meditation practice and SPT / embodiment practice. Explore how the two kinds of practices can enrich each other and your daily life and work. The focus will be less on how you can apply the tools in your context, and more about how you can develop, apply and polish the inner capacities and life skills that you can acquire through the practice itself. We refine our capacities of getting and staying in touch with ourselves, others and nature.

The basic frames will be like a meditation retreat – we limit our contacts with the outside world in order to deepen our individual and collective journey. We reconnect with our most natural (re)sources by turning our attention towards ourselves. The connection to nature will be an important part of the retreat and we will involve both the garden and the wild nature in the area throughout the program. We work in a balance between teaching and exercises, dialog and silence, movement and stillness. Two follow up calls on Zoom will be offered, to help participants further ground the practice in their everyday context.





THE RETREAT PLACE

The retreat will take place in northern Jämtland, a sparsely populated forest and mountain district in Sweden. The houses are traditional Swedish wooden houses from 1880 and they are surrounded by a big flower and kitchen garden that provides organic food as well as space for contemplation.

The property is not isolated from the outside world, it is close to the road and there are neighbors around, but the large garden creates a feeling of protection and peace. Only a stone's throw away you will find wild nature; forests, rivers and lakes. Anders and Vivian Fabricius owns and lives at the property since 1994, and have worked ever since to cultivate the special qualities of calm and care that permeates the retreat place.

PARTICIPATION

Participation in this retreat requires that you are well acquainted with SPT. Maybe you have previously participated in the SPT Summer Retreat, or other SPT basic courses, you might have participated in an SPT training group, or have completed an advanced training program. Another possibility is to document a SPT training routine in another way, for example a letter of recommendation from a SPT teacher.

It is an advantage if you have a regular meditation practice but it is not a requirement.


If you do not meet any of these requirements, we recommend that you participate in the SPT Summer Retreat at the end of July 2021.

Contact us if you are unsure whether you meet the requirements or if need more information.






Fabricius RESURS ABOUT US




Your hosts at the SPT Deep Dive retreat will be Anders Fabricius, Vivian Fabricius and Liv Fabricius.

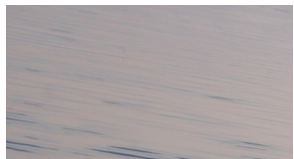
All three of us have long experience as well as advanced training in SPT and meditation. We also have a background studying and using Theory U and we have all practiced different kinds of embodied awareness practices such as martial arts, Qigong or Tai Chi.



Anders Fabricius; SPT teacher, bodyworker, gardener and teacher on meditation courses and retreats. He has more than 40 years of meditation practice and embodied awareness training – Tai Chi and Qigong. Nature has always been an integrated part of his practice. For the past 20 years, Anders has been training Dzogchen meditation with the Danish meditation teacher Jes Bertelsen. As a teacher, Anders main interest is to carry out training in a simple and effective way, without compromising on depth and complexity. Anders will be the main teacher, guiding you through the program.



Vivian Fabricius; Advanced SPT practitioner with more than 40 years of meditation practice. She is educated as a reflexology therapist and has been teaching Qigong and Tai Chi. She is the hostess of the retreat place itself and will be responsible for practical things like food and accommodation during the SPT Deep Dive.



Liv Fabricius; SPT teacher. She holds a Master of Science with a major in Quality Management and Leadership (earned with a thesis on Theory U). She has been training Dzogchen meditation with the Danish meditation teacher Jes Bertelsen since 2005. Liv has focused on improving the pedagogical approach to SPT, with the intention of making the practice more accessible. As a mother of two small kids, Liv will take on the organizing roll, assisting you from application to the follow up Zoom calls, and if her situation allows it she will do some teaching or facilitation during the retreat.

[Facebook.com/fabriciusresurs](https://www.facebook.com/fabriciusresurs) • [LinkedIn.com/company/fabriciusresurs](https://www.linkedin.com/company/fabriciusresurs)



SPT Deep Dive

INFORMATION & PRACTICALITIES

DATES • August 6th – 10th • 2021

The retreat starts Friday August 6th at 09:00 (9 am). Ends Tuesday August 10th at 16:00 (4 pm).

Optional: arrive early or/and stay after the retreat.

If you want to spend a few days here before or/and after the retreat, you can do so by agreement and at Bed and breakfast prices. Contact us for further information.

LOCATION • Ulriksfors, Strömsund • Sweden

Nearest airport Östersund-Åre (OSD) or train to Östersund with connecting bus to Strömsund.

We can help with pick up at the airport or the train station, at cost price (it is 90 minutes drive).

PARTICIPATION in the retreat

Maximum 14 participants.

Please write a few words about your previous experience with meditation, SPT and / or Theory U in the application.

Participants will join different practical tasks, such as cooking, to integrate the training into everyday situations and even to keep the participation fee low.

PARTICIPATION FEE • €500

The price includes food, accommodation in shared twin bedrooms, the program fee and two follow up calls on Zoom, one group call, one individual call (exact dates for the follow up calls will be set during the retreat).

It includes dinner and accommodation from Thursday August 5th.

Early bird: If you sign up before February 28th 2021 you will get the early bird price of €470.

A few spots will be available for a reduced price (€450).

When you send your application for the retreat you can apply for one of those spots if needed.

If accepted to the reduced price spots, some additional duties during the retreat will be required.

Payment is to be made upon letter of approval.

SIGN UP • before June 15th 2021 • info@fabriciusresurs.se



CONTACT

E-mail: info@fabriciusresurs.se

Phone/WhatsApp/Signal: +46 70 28 11 142

www.fabriciusresurs.se